



► Ivan Hollingsworth, middle, Ben Shephard, left and Tom May take on a fitness challenge for charity.

Tim McGuinness

Stars take on a fitness marathon for heart unit

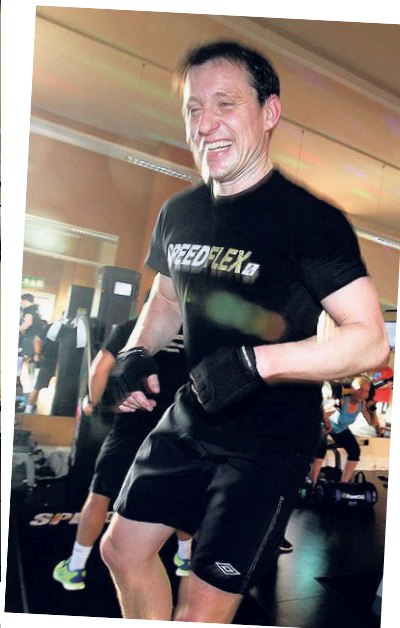
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TV presenter Ben Shephard and former Newcastle Falcons rugby player Tom May have been helping to raise money for a children's heart unit by taking part in a marathon exercise challenge.

Yesterday, the pair tried to burn 10,000 calories each by working out on high intensity Speedflex machines at Drake House, Fleming Business Centre, in Jesmond, Newcastle.

They were wearing heart monitors which recorded how many calories they were burning on a television screen. The pair were joined by fundraising father Ivan Hollingsworth, who has completed his target of raising £330,000 to build a new playroom for the Children's a Heart Unit at the Freeman Hospital (CHUF). Ivan has worked tirelessly to raise funds for the charity. In 2009 the Newcastle hospital saved the life of his son Sebastian, who celebrated his fifth birthday last week. Ivan and his wife Nadine have vowed to raise cash for the unit ever since. The couple decided to set up a fund - Seb4Chuf - and have now hit their target to pay for the modern play facility for the young patients, some of whom spend months in the unit. It is expected that



the ground-breaking for the facility will be held this month and the state-of-the-art premises will be completed later this year. Yesterday's mammoth exercise challenge was held to celebrate this achievement. The three participants started their challenge at 7am and worked out continuously all day with small 15-minute breaks every hour.

Ben said: "I've known Ivan since we were children and I'm now used

to him calling me up to join him on challenges ranging from the unusual to the extreme. I am a father myself and I can only imagine how hard it has been for Ivan and his wife Nadine to cope with their little boy undergoing complicated heart surgery. I am also an ambassador for Speedflex so the chance to come and try it for myself and see what we can achieve burning 10,000 calories and at the same time help to raise funds was

unmissable for me."

Ivan, 38, from Monkseaton, Whitley Bay, said: "Any pain we endured during this time was insignificant compared to what heart children deal with every single day. If you think our pain, sweat and tears warrant a small donation we will be eternally thankful." To make a donation, visit www.justgiving.com/10000calories4chuf

Masonic medals will be going up for auction

A GOLD Masonic medallion set with diamonds is to be sold at auction in Newcastle tomorrow.

The medallion is among Masonic regalia belonging to Herbert Laws Shimman and is being auctioned as part of items from a deceased estate from Tynemouth.

Mr Shimman, who was a member of the Holy Cross Church in Ryton Lodge, Gateshead, served with the Northumberland Fusiliers during the First World War.

Fred Wyrley-Birch, from Anderson & Garland, said: "It's a very nice collection of Masonic items. It includes an apron, collar, cuffs, book, medallion, ring and attache case - everything apart from Mr Shimman's robes.

"To date I've never seen a medallion of such quality. It is 18-carat gold and enamelled, set with three diamonds, and also comes in its original fitted case.

"The items have come from the estate of someone we believe to be a relative.

"What our research appears to show however is that Mr Shimman was educated at the Royal Grammar School in Newcastle and his military service was in France. If anyone knows more, we would love for them to get in touch."

The Masonic items are estimated to make between £200 and £300, with a large proportion of the value attached to the gold medallion.

Mr Shimman's three general service medals and dog tags from the 1914-18 conflict will also be sold and are expected to make around £120.

Appeal for witnesses after fight

A MAN is in hospital after a fight in a car park.

Police were called at 8.20am, on Sunday, January 12, to reports of two men fighting in the car park near Riverside Court, South Shields, South Tyneside.

Officers attended the scene where a 32-year-old man was found with head injuries. He was taken to South Tyneside Hospital for treatment before later attending Newcastle's Royal Victoria Infirmary for further treatment. His injuries are not believed to be life threatening.

Enquiries into the incident are continuing today.

Any witnesses or anyone with information is asked to contact police on 101, extension 69191, quoting log number 372 120114. Alternatively you can call the independent charity Crimestoppers anonymously on 0800 555 111.